Friendship Heights Village Center



Calendar of Events 2019

N 0 ${f V}$ E B E R M **THURSDAY SUNDAY MONDAY TUESDAY WEDNESDAY FRIDAY SATURDAY** 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Coffee and 9 a.m.-1 p.m.: Twin Current Events **Springs Farm Market** 10:30 a.m.: Balance, 10 a.m.-4 p.m.: Artisan Movement and Memory 1 p.m.: Abstract Painting 5:30-8 p.m.: Artisan Fair & Reception 9:30-11:30 a.m.: 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 9:30 a.m.: Tai Chi Intro. 9:10 a.m.: Yoga 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.: Natural Health **Senior Forum** 10:30 a.m.: Chair Yoga and 10:30 a.m.: Balance, 10 a.m.: Great Books 9:30 a.m.-1 p.m.: Coffee 10:15 a.m.-1 p.m.: County Mobile Com-Meditation Playtime Movement and 12:30 p.m.: Bridge Club and Sunday Papers 12-4 p.m.: Blood Pressure Memory 1 p.m.: Strength Training 11 a.m.: Still Life and muter Store 10:30 a.m.: Coffee and Screening 1 p.m.: Balance and Fall 7 p.m.: Booksigning Beyond 10:15 a.m.: Yiddish 10 a.m.-2 p.m.: Pottery 4-5:30 p.m.: Spanish Current Events with Maulik 12 p.m.: Chess 1 p.m.: All in the Eyes Workshop **Pancholy** 6:30 p.m.: Monday Night 1 p.m.: Abstract Painting Prevention Conversation 1 p.m.: Painting for 7 p.m.: Movie: Men in 5:30 p.m.: Community
Advisory Bridge Club Black: International Everyone 2-4 p.m.: Nurse Specialist **Committee Meeting** 3–4 p.m.: Tea 7 p.m.: Concert: Eddie 6:30 p.m.: Mat Pilates Sanders 12 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 9:30 a.m.: Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and 10:30 a.m.: Coffee and 10 a.m.: Great Books 10 a.m.: Music with Ongoing 9 a.m.-1 p.m.: Twin Meditation 11:30 a.m.-1 p.m.: Art 1 p.m.: Strength Training Current Events **Springs Farm Market** Marsha Goodman-10:15 a.m.-1 p.m.: 11 a.m.: Still Life and Reception Center Open 1 p.m.: Abstract Painting Wood County Mobile 12-1 p.m.: Lunchtime 9 a.m-2 p.m. 12-4 p.m.: Blood Pressure Bevond Commuter Store Lessons: Great Courses DVD: The Screening 1 p.m.: Balance and Fall 4–5:30 p.m.: Spanish 10:15 a.m.: Yiddish Conversation Library of Congress, and The State, 11 a.m.:Chair Exercise Prevention 7 p.m.: Movie: American 12 p.m.: Chess 2-4 p.m.: Nurse Specialist 1 p.m.: Suburban Lec-Treasury and Justice 3-4 p.m.: Speech Therapy ture: Pain Manage-**Departments** 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates ment 7 p.m.: Concert: World 7:30 p.m.: Friendship Jam Club **Heights Village Council Meeting** 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee 9:30 a.m.: Tai Chi Intro. 8:45 a.m: Depart for 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 10 a.m.: Great Books 10:30 a.m.: Tonya's Tots Ongoing 10:15 a.m.–1 p.m.: 10:30 a.m.: Chair Yoga and Meditation **Hopper Exhibit** 10 a.m.-2 p.m.: MVA and Sunday Papers and Seniors 9:15 a.m.: Drop-In Tai Chi 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure **Mobile Office** County Mobile 10:30 a.m.: Balance, 10 a.m.: Talking Politics 11 a.m.: Still Life and 12:30 p.m.: Bridge Club Commuter Store Beyond Movement and and Keeping the Screening Memory 10:30 a.m.: Coffee and 1 p.m.: Strength Training 10:15 a.m.: Yiddish 4-5:30 p.m.: Spanish **Peace** 1 p.m.: Balance and Fall 6:30 p.m.: Monday Night 11 a.m.: Chair Exercise Conversation Prevention Bridge Club Current Events 12 p.m.: Chess 7 p.m.: Movie: Toy 1 p.m.: Painting for 1 p.m.: All in the Eves 1 p.m.: Abstract Painting Story 4 Everyone 5:30 p.m.: Program 2-4 p.m.: Nurse Specialist **Advisory Commit-**3–4 p.m.: Tea tee Meeting 6:30 p.m.: Mat Pilates 7 p.m.: Concert: Jenny Wilson and **Candace Mowbray** 9:30 a.m.: Tai Chi Ongo-9:10 a.m.: Yoga 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. **Happy Thanksgiving** 9:30 a.m.-1 p.m.: Coffee ing 10:15 a.m.–1 p.m.: 10:30 a.m.: Coffee and 10 a.m.: Music with 10 a.m.: Great Books 9 a.m.-1 p.m.: Twin **Center Closed** and Sunday Papers 12:30 p.m.: Bridge Club Current Events Marsha Goodman-Springs Farm Market 1 p.m.: Strength Training Wood County Mobile **Center Open** 12-4 p.m.: Blood Pressure 6:30-8:30 p.m.: Commuter Store 9 a.m-2 p.m. 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise **Monday Mountain** Screening 1 p.m.: Balance and Fall Music Jam 6:30 p.m.: Monday Night Bridge Club Prevention 12 p.m.: Chess 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates

Shuttle bus hours



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The season to share: Collecting for Manna Once again the Village Center will collect food items for Manna Food Center in

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The foods most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.